

Breakfast: Most Important Meal of the Day

Power Up with Breakfast

Parents: Did you know that breakfast is the most skipped meal by children?

Breakfast is important to give children of all ages the energy and nutrients they need to grow. Eating breakfast every day also improves learning and behavior in children.



Why Breakfast is Important

Adults and children who eat breakfast tend to:

- Have better attention, memory, and mood
- Be more alert and have more energy
- Do better at work and get better grades in school
- Stay at a healthy weight
- Eat healthier the rest of the day

What is a Healthy Breakfast?

Try to include 3 food groups:

1) Fruit or vegetable

Try one fresh banana, 1/2 cup canned fruit like pears in 100% juice, 1 cup frozen berries, or 1 cup of raw baby carrots.

2) Protein or dairy food

Protein foods include eggs, nuts, peanut butter, and turkey breast. Dairy foods include low-fat milk, yogurt, or cheese.

3) Whole grains

Look for 100% whole grain bagels, bread, or cereals.

Breakfast Parfait

- 1) 1 cup diced fresh or frozen fruit
 - 2) 1 cup low-fat yogurt
 - 3) 1/2 cup whole grain cereal
- Mix the fruit and yogurt together and top with cereal.

Quick Breakfast Ideas

Breakfast Sandwich

- 1) 1 cup fresh spinach, lettuce, tomato, or shredded carrots
- 2) 1 cooked egg or 2 slices deli turkey meat
- 3) Whole wheat bagel, English muffin, bread or tortilla

Breakfast Snack Mix

- 1) 1/4 cup dried fruit, like raisins or dried cranberries
 - 2) 1/2 ounce nuts or seeds, like 12 almonds or 1/8 cup shelled sunflower seeds
 - 3) 1 cup whole grain cereal
- Mix together and enjoy!

Sources: Schaeffer, J. (Sept 2011). Rise and dine! - A breakdown of breakfast's benefits with expert' best meal suggestions. *Today's Dietitian*: 13(9) 44. <http://www.todaysdietitian.com/newarchives/090111p44.shtml> & Academy of Nutrition and Dietetics. (Feb 2014). Power Up with Breakfast. <http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast>



Exercise during Pregnancy

Being active during pregnancy is healthy for most low-risk pregnant women and their babies.

Exercise during pregnancy can:

- Help women stay in shape and stay strong for labor and delivery
- Keep weight gain within a healthy range for you and your growing baby
- Help women to have less back pain, better mood and energy, and better sleep

Before you start to exercise, talk to your health care provider. If your doctor feels it is safe, aim for 30 minutes a day. If you didn't exercise before pregnancy, start slowly. Start with 5 minutes and slowly build up to 30 minutes at a time. If you were active before pregnancy, you should be able to continue, as long as you are comfortable.

Sources: Mayo Clinic Staff. (Jul 2013). Pregnancy and exercise: baby, let's move! Retrieved from <http://www.mayoclinic.org/healthy-living/pregnancy-week-by-week/in-depth/pregnancy-and-exercise/art-20046896>

Wisconsin Association for Perinatal Care. (2013). Moving through pregnancy: A guide for physical activity. Retrieved from http://www.perinatalweb.org/assets/cms/uploads/files/Moving%20Through%20Pregnancy_FINAL.pdf

Low-impact activities to try during pregnancy include: walking, swimming, and biking. Check the local library for prenatal exercise and yoga DVDs.

Always avoid activities like contact sports (football, ice hockey), sports where you have a high risk of falling (horseback riding, downhill skiing), and scuba diving or exercise at high altitudes during pregnancy. Avoid exercise while lying flat on your back after the first trimester.



Stop exercising and call your doctor if you have abdominal pain, contractions, leaking of fluid, bleeding, or a severe headache that won't go away.



Kids Helping in the Kitchen

Having young children help in the kitchen is a great way to introduce them to new foods. When children help in the kitchen, they are more likely to try the healthy foods they helped make. Before cooking, make sure everyone washes their hands for 30 seconds with warm water and soap. Always stay with your child when they are in the kitchen to make sure they are safe.

As children grow, they are able to help with different tasks in the kitchen.

Here are ideas of what your child may be able to help with:

2-year olds

- Wipe tables
- Hand items to an adult to help unpack grocery bags
- Place things in the trash
- Tear lettuce or greens
- Make "faces" with pieces of fruits and vegetables
- Snap green beans

3-year olds

- All that a 2-year old can do, plus:
- Add ingredients
 - Scoop or mash potatoes
 - Squeeze citrus fruits
 - Stir pancake batter
 - Knead and shape dough
 - Name and count foods

4-year olds

- All that a 3-year old can do, plus:
- Peel eggs and fruits, like oranges and bananas
 - Set the table
 - Help measure dry ingredients
 - Help make sandwiches and tossed salads

5-year olds

- All that a 4-year old can do, plus:
- Crack eggs
 - Measure liquids
 - Cut soft fruits with a dull knife
 - Use an egg beater

Source: USDA's Choose My Plate <http://www.choosemyplate.gov/preschoolers.html>

Easy, Cheap, and Delicious Recipes

Broccoli-Cheddar Frittata

Ingredients:

10 ounces frozen chopped broccoli
1 small carrot, diced
1/4 cup water
8 eggs
1/4 cup low-fat or fat-free milk
2 teaspoons mustard
1/8 teaspoon pepper
3/4 cup reduced-fat shredded cheddar cheese
1 tablespoon chopped green onion
Nonstick cooking spray



Materials:

10-inch skillet, large bowl, measuring cups and spoons, mixing spoon, sharp knife

Directions:

1. Combine broccoli, carrot, and water in a skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes. Drain well.
2. Beat eggs, milk, mustard, and pepper in a large bowl until blended. Add broccoli mixture, cheese and green onion. Mix well.
3. Coat skillet with cooking spray; heat over medium heat until hot. Pour in egg mixture; cook over low/medium heat until eggs are almost set, 8-10 minutes.
4. Remove from heat. Cover and let stand until eggs are set and no liquid egg remains, 8-10 minutes. Cut into wedges.

Make 6 servings.

Nutrition per serving:

160 calories, 8 grams fat, 1 grams fiber, 13 grams protein, 470 mg sodium
1/4 cup vegetables, 1/2 cup dairy, 1 oz protein

Peanut, Peach, n' Pineapple Wrap

Ingredients:

1-8 1/4 oz can sliced peaches in 100% juice, drained
1-8 oz can pineapple tidbits in 100% juice, drained
1/2 cup red or green bell pepper, chopped
1/2 teaspoon cinnamon
4 (10-inch) whole wheat tortillas
1/2 cup peanut butter
3 cups dark green lettuce (like Romaine), shredded

Materials

Colander, measuring cups, medium bowl, sharp knife



Directions:

1. Combine peaches, pineapple, bell pepper, and cinnamon in medium bowl.
2. Warm the tortillas.
3. Spread 2 tablespoons peanut butter on one side of tortilla, leaving room on the edges.
4. Spoon equal portions of peach mixture over peanut butter, then top with lettuce.
5. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

Makes 6 servings.

Nutrition per serving:

430 calories, 15 grams fat, 8 grams fiber, 13 grams protein, 600 mg sodium
2 1/2 oz grains, 1/2 cup vegetables, 1/2 cup fruit, 2 oz protein

Recipes from ChooseMyPlate.Gov. Retrieved from

<http://www.choosemyplate.gov/budget/downloads/MeetingYourMyPlateGoalsOnABudget.pdf>

Healthy Kids Eau Claire County -

to inspire families to make healthy habits happen through reliable consistent education, resources, and support.

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Fathers Play a Role in Breastfeeding

Many parents learn about the benefits of breastfeeding during a first pregnancy. Breastfeeding provides a baby with protection from many illnesses, the best source of nutrition for growth and brain development, and comfort for emotional well-being. However, many parents may not realize that breastfeeding benefits the whole family- by keeping mom and baby healthier, reducing costs of missed work for sick days, and saving money when not needing to buy infant formula.



The first few weeks of breastfeeding a new baby can be demanding for moms. Dads play an important role in making breastfeeding work. Dads can help with diapers and baths, but here are more ways that fathers can help make breastfeeding easier for a mom and new baby:

- Hold and rock the baby to give mom a break after baby has nursed.
- Take a walk with the baby, showing him or her new things around the house or neighborhood while mom rests, eats, or takes time for stress relief.
- Explain to family and friends why your partner might want privacy to nurse in the early days of learning how to breastfeed.
- Keep mom company on baby's fussy days, when all baby wants to do is nurse and be in her arms.
- Go grocery shopping, prepare food, and bring a snack or water to mom while she is nursing.
- Tell mom what a great job she is doing and that you know how hard she is trying to keep baby healthy and comforted.
- Remind mom that baby will space out feedings after the 3-week growth spurt.

Source: La Leche League. What is the Father's Role in the Breastfeeding Relationship? Retrieved from <http://www.llli.org/faq/dad.html> .

FREE! Breastfeeding Class

Classes will be held at the Eau Claire City-County Health Department:

Wednesdays 6-7:30 PM:

April 8

May 13

June 10

Tuesdays 10-11:30 AM:

April 28

May 26

June 23

Call (715) 577-6154 for more information and to register today!

Topics covered in this class include:

- Benefits of breastfeeding for babies, mothers, and fathers
 - How breastfeeding works
 - Latching on and positioning
- Frequency and duration of feedings
- How to know your baby is getting enough to eat
 - Strategies for returning to work or school
 - When and where to get help if you need it